## RECURRING PROGRAMS

Dating Violence among adolescents   Class   PRN   Sept.1730 - 1900 @ PAFB   Porter, MSW, On: Youth and Dating Violence   PRN   Sept.1730 - 1900 @ PAFB   Porter, MSW, On: Youth and Dating Violence   PRN   Porter, MSW, Ontreach   PRF   PAFB Library	RECURRING PROGRAMS			г		T
-Understanding dating violence and its causes -Discuss the myths and facts about abuse and violence -Discuss why violence takes place -To develop prevention skills -Experience a variety of ways of dealing with situations; promote insight into our behavior; facilitate appropriate expressions of feelings and to learn to treat yourself fairly as you would treat anyone else -To accept human difference as inevitable -To learn to problem solve instead of wanting to get even -To learn to problem solve instead of wanting to get even -To learn to monitor your communication style -To provide you with the needed tools to increase our interpersonal competence and to allow you to be assertive when you need to be -To foster healthy development of stepfamily relationships -Recognize stepfamily myths and realities -To strengthen couples communication -To build and maintain family relationships -To strengthen couples communication -To build and maintain family relationships -To discuss why is it so hard to leave -Discuss the effects of domestic violence -To discuss why is it so hard to leave -To grovide you with positive ways of coping with problems related to separation and divorce -To discuss and relate to the grief process -To discuss they first hand and subsease and relate to the grief process -To discuss with read and an animal family problems related to separation and divorce -To discuss and relate to the grief process -To discuss the pages in an and its can be able to help their children adjust to a new family situation as well as helping themselves to hela	Problem(s) Addressed	Target Population	Format/Title	Frequency	Date(s)/Location	POC: 6-7804
Discuss the myths and facts about abuse and violence   Discuss why violence takes place   To develop prevention skills		Grades 8 <sup>th</sup> -12 <sup>th</sup>		PRN		
Dating Violence   Dating Violence   Manager (FAP   To develop prevention skills						
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-Discuss ways in which you can help your children	-Discuss ways in which you can help your children					
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your Anger and Be More Productive in all Aspects of Life. spouses, DoD Controlling and October Howard,						
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-Defining emotions   Contractors   Your Emotions"   1400 – 1615 @ Treatment		Contractors				
					Chapel	Manager (FAP)
-To improve your communication skills Management	-To improve your communication skills		Management			

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-To reduce stress and to increase your daily energy level					
Seminar addressing maladaptive use of alcohol	all Peterson complex and USAFA AD Beneficiaries referred to ADAPT	Substance Abuse Awareness Seminar	PRN	(8 hours) 12 Sep 05 @ LSSC	SSgt Jessica Williams or Capt Teresa Hughes (ADAPT)
Aftercare group for all participants in ADAPT program	all Peterson complex and USAFA AD Beneficiaries referred to ADAPT	Aftercare group	weekly	2 hours weekly	SSgt Jessica Williams or Capt Teresa Hughes (ADAPT)
Short-term, focused mental health treatment for AD and dependents	All adult Peterson complex beneficiaries	ВНОР	Weekly (ongoing)	Wednesdays, 30 min. appts, from 1330 to 1530	Capt Teresa Hughes (LSSC)

## **NEW PROGRAMS**

Problem(s) Addressed	Target Population	Format/Title	Frequency	Date(s)/Location	POC: 6-7804
Two co-ed process groups (May refer victims of domestic maltreatment, alcoholic's family members or possible personality disorders)	All adult Tri-Care beneficiaries (must have referral from LSSC)	Process Group	Ongoing	Fridays 1200- 1330 In LSSC	Capt Teresa Hughes (LSSC)
6 Week course in Stress Management, Relaxation techniques, Assertive communication, Anxiety/Depression management	All adult Tri-Care beneficiaries (do not need a referral from LSSC)	Stress Management	Monthly	Thursdays 1430- 1600 in Library	Capt Todd Neu (LSSC)
7 Week Pain Management Course - Learn Cognitive Distraction Techniques - Relaxation Skills - Pacing Behaviors - Medication Education	Chronic Pain Patients	Pain Management	Weekly	Wednesdays 0800 – 0930 beginning 8 Mar 06	Capt Todd Neu (LSSC)
IDS initiative to have trained Unit Representatives to conduct annual suicide prevention briefings	Volunteers	Buddy Care Suicide Prevention Training for Trainers	Annually	TBD	Capt Teresa Hughes (LSSC) or SSgt Bonnie Turner (LSSC)
Current CISM program (under Mitchell Model) is no longer used by Air Force: -All current and new CISM team members must be trained annually on the new program	Volunteers for CISM team (sign up if interested in participation on 21 SW operational team)	CISM Training	Annual	TBD	Teresa Hughes, Capt (LSSC) or SSgt Jessica Williams (LSSC)

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Marriage Enhancement	AD member,	Hot Monogamy		17 & 18 Nov 05	LaNesa
-Talk more and fight less	spouses, DoD	Marriage			Howard, MSW,
-Deepen and protect your friendship	civilians and	Enhancement			LCSW
-Have a more intimate, sensual relationship	contractors	Class			
-Keep the fun alive, enhance happiness					
Reducing Domestic Violence and Sexual Assault in Relationships	AD member,	The Yellow	Monthly	15 Sep 05	LaNesa
-Learn the early warning signs of abuse	spouses, DoD	Dress		-	Howard, MSW,
-Understand the cycle of abuse	civilians and	Planning			LCSW
-Discuss acquaintance rape	contractors	meetings			
-Talk about drug/alcohol use and violence		_			
-Practice how to get help					
For engaged couples or newly married	AD member,	Pre-Marriage		25 Oct 05	LaNesa
-Learn creative and effective ways to communicate	spouses, DoD	Seminar			Howard, MSW,
-Define expectations	civilians and	"Falling in Love			LCSW
-Explore finances	contractors	Without Falling			
-Learn how to be happy for a lifetime		on Your Face"			

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